



Splendid Dishes Dinners Done!

Freezer Meal Program

MENU 3 INSTRUCTIONS

One-Two Pot/Pan Meals: *ALL these meats must be defrosted before cooking **Keep veggies frozen until ready to use. If frozen in a clump, break up on the counter, or dip into a bowl of warm water for a couple of minutes to break up, then follow cooking directions.

#1 Chicken Fajitas

INGREDIENTS IN THE BAG:

Seasoned Chicken
Peppers & Onions

NEED:

PAIRING SUGGESTIONS:

Tortillas
Mexican blend cheese, queso fresco or Cojita cheese
Pico de gallo or salsa

1. Preheat oven to 375F degrees. Place chicken and onions/peppers on a lined baking sheet and bake for 25-30 minutes or until internal temperature reaches 165F.
2. Let chicken cool for 5 minutes, then chop or shred, and toss with peppers and onions.

#2 French Onion Pork Chops

INGREDIENTS IN THE BAG:

Seasoned pork
Caramelized onions/sauce mix
Veggie
Cheese

NEED:

Cooking oil

1 ½ cups warm water

Seasoning for veggies

1T flour/1T butter (made into paste)

PAIRING SUGGESTION:

Brown or Yellow Rice Couscous or quinoa

1. Preheat the oven to 375F. Place veggies on a lined baking sheet, drizzle with oil and sprinkle with seasoning; roast for 15-18 minutes, tossing once in between, until golden and tender.

2. Heat skillet on medium high heat, drizzle oil in pan and sear pork chops, about 5-6 minutes per side, until golden brown. Transfer to plate.

3. Add caramelized onions/sauce mix to pan to warm, stir in flour/butter paste; once butter melts, stir in 1 ½ cups water to combine and bring to a low boil to thicken sauce. Nestle pork chops back into sauce, spooning sauce over tops. Top each chop with cheese. Place lid on skillet and simmer for 4-5 minutes until cheese is melted. Spoon sauce over tops of cheesy chops and serve.

#3 One Pot Spinach Artichoke Chicken

INGREDIENTS IN THE BAG:

Seasoned chicken

Spinach/artichokes

Sauce mix

Parmesan cheese

NEED:

Cooking oil

12oz thin spaghetti

PAIRING SUGGESTION:

Salad

Italian bread

1. Heat a large deep skillet on high heat. Drizzle with oil and sear chicken on all sides for about 5-6 minutes. Reduce heat and add spinach, artichoke hearts, sauce mix, pasta and 4 cups of water.

2. Bring to a boil over high heat. Boil mixture, stirring and turning the pasta with tongs to prevent sticking, until pasta is al dente and almost all the liquid has evaporated, 8 to 9 minutes. Add ½

the parmesan cheese and stir to combine, cover with lid; remove from heat and let sit for 5 minutes. Sprinkle the remaining parmesan to serve.

#4 Chicken Marsala

INGREDIENTS IN THE BAG:

Seasoned Chicken

Sauce

Mushrooms

Veggies

NEED:

Cooking oil 1T butter/1T flour (made into a paste)

Seasoning for veggies

PAIRING SUGGESTION:

Angel hair pasta

Garlic bread, cheesy garlic bread

Salad

1. Heat a large skillet on medium high heat. Drizzle pan with oil and cook chicken, searing about 5-6 minutes, each side. Transfer to plate.

2. Add another drizzle of oil and add mushrooms to the pan. Sauté until tender, then add butter/flour paste and whisk until melted. Deglaze pan with the marsala sauce, scraping all the bits up from the bottom of the pan. Add 1 cup of water and put chicken back into the pan, lower heat and simmer until chicken is cooked through and sauce has thickened.

3. While chicken is cooking, toss veggies with oil and seasoning. Place on a lined baking sheet and roast for 15-20 minutes, tossing once in between.

#5 Sweet & Sour Pork

INGREDIENTS IN THE BAG:

Seasoned pork with sweet & sour sauce, peppers & pineapple

NEED:

Cooking oil

PAIRING SUGGESTIONS:

White or fried rice

1. Take pork out of the bag and pour sauce/pineapple/peppers into sauce pan. Heat on low until thickened, about 10 minutes.

2. Heat a skillet on high heat drizzle with oil and toss pork in. Do not stir for 4 minutes to create a sear, then toss and leave for another 4 minutes. Once seared, continue sautéing for additional 3-4 minutes until golden and crispy. Add sauce/veggies to pan and toss to coat meat.

3. Lower heat and simmer until warmed through, about 5-6 minutes.

#6 Mongolian Beef

INGREDIENTS IN THE BAG:

Seasoned beef

Sauce

Veggie

NEED:

Cooking oil

4 packs of ramen noodles (discard the flavor pack)

PAIRING SUGGESTION:

Egg roll or spring roll

Salad with Asian or ginger dressing

1. Heat a large shallow skillet on high; drizzle with oil and add beef. Sear meat for 3-4 minutes, tossing continuously. Transfer to a plate.

2. Reduce heat to medium and add veggies; cover and cook until the vegetables are tender, about 5 minutes.

3. While veggies are cooking, boil ramen noodles for 3-4 minutes, until tender; drain and set aside.

4. Return beef to skillet, toss in cooked noodles and stir in sauce, tossing to coat.

#7 Aloha Meatballs

INGREDIENTS IN THE BAG:

Meatballs

Sauce

Veggies

NEED: None

PAIRING SUGGESTIONS:

White rice, coconut rice or rice pilaf

CROCK POT:

1. Add meatballs, veggies and sauce to pot and cook on low for 2-3 hours or high for 1-2 hours.

STOVETOP:

2. Add meatballs and veggies to baking dish, toss with sauce and bake at 350F for 20-25 minutes.

#8 Mississippi Chicken

INGREDIENTS IN THE BAG:

Seasoned chicken & pepperoncini (everything is in the bag)

NEED:

4 tablespoons butter (optional)

PAIRING SUGGESTIONS:

Egg noodles or other pasta, quinoa or mashed potatoes

CROCKPOT:

1. Place the contents of the bag into a crockpot, and add butter (optional).

2. Cover and cook on low for 3-4 hours or high for 2-3 hours. NO liquid is required, as the chicken will release its own juices during cooking.

3. Once done cooking, shred chicken in the pot and serve with juices spooned over top.

#9 Spaghetti & Meat Sauce

INGREDIENTS IN THE BAG:

Seasoned ground beef

Onion/garlic/spices

Marinara sauce

Veggies

Need:

Cooking oil

Spaghetti noodles

1 cup of water (or wine)

Seasoning for veggies

PAIRING SUGGESTIONS:

Salad or garlic bread

STOVE TOP:

1. Heat a large deep skillet on medium high heat; drizzle with oil and add ground beef. Cook until no longer pink, breaking up into crumbles with a spoon.
2. Add onion/garlic mixture and saute for a few more minutes, then add marinara sauce and water (or wine). Lower heat and simmer for 25-30 minutes to marry flavors.
3. While the sauce is simmering (and your pasta is cooking), heat a 2nd skillet on medium high heat, drizzle with oil and add veggies. Sprinkle with seasoning and saute for 10-14 minutes or until tender.

INSTANT POT:

1. Set instant pot on “saute” and once hot, drizzle with oil. Add ground beef and cook until meat is no longer pink, breaking up with a spoon into crumbles.
2. Add onion/garlic/spices and saute for a couple minutes, then add marinara sauce and water.
3. Cover and seal lid. Cook on high pressure for 15 minutes with a 15 minute natural pressure release. Carefully release the remaining pressure and the sauce is ready.
4. While sauce is cooking in the instant pot (and your pasta is cooking), heat a skillet on medium high heat, drizzle with oil and add veggies. Sprinkle with seasoning and saute for 10-14 minutes or until tender.

#10 One Pot Beef Stew

INGREDIENTS IN THE BAG:

Seasoned beef
Tomatoes/Sauce
Veggie mix

NEED:

Cooking oil
2 cups water (can use 1 cup red wine also)
2T butter/2T flour-mixed into a paste

PAIRING SUGGESTION:

Mashed potatoes

CROCKPOT:

1. In the crockpot, sear meat on all sides, then add veggies and sauté for a few minutes.

2. Stir in sauce and 2 cups of water. Cook on high for 2-3 hours or low for 3-4 hours.
3. To thicken sauce, add butter/flour paste and whisk until thickened.

PRESSURE COOKER:

1. In the pressure cooker pot, sear meat on all sides, then add veggies and sauté for a few minutes. Stir in sauce and 2 cups of water.
2. Cook on high pressure for 30 minutes with 15-minute natural release.
3. Release any remaining steam manually, then whisk in the butter flour paste to thicken.
4. Season to taste.